

## Baked Sweet Potatoes

Baked sweet potatoes are a delightful dessert. Sweet potatoes can be baked whole, or sliced, with lots of butter and brown sugar. Another option is to slice and bake them as chips. Sweet potato fingerlings can be washed and baked or grilled whole. Giant sweet potatoes are difficult to chop while raw. They do take a while to bake to fully done. Baking softens them so they are easier to slice and eat. Growing sweet potatoes is easy. Sweet potatoes continue to grow after a partial harvest, as long as part of the vine is still rooted to the ground.

### Pre Cook Preparation:

#### Meal Adaptations:

##### Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

#### Visual Accommodations:

- Colored chopping boards

#### Potential Food Allergy or Intolerance:

- Butter (lactose)
- Brown sugar (diabetics)
- Spices
- Sweet potato

#### Meatless Preparation Avoid:

- Butter
- Substitute with: \_\_\_\_\_

#### Utensils:

- Chopping board
- Fork
- Knife
- Pot holders
- Spoon
- Pan: 2 quart round oven safe pan.

**Ingredients:****Meat:** None**Vegetables:**

Sweet potato

**Other ingredients:**

- 2 tablespoons brown sugar
- 1 tablespoon of butter
- Dash of salt
- Spices, such as pepper, to taste

**Preparation time:** 10 minutes**Preparation:**

1. Place sweet potato in 2 quart oven safe pan.
2. Slice one line long ways and a few short ways on the potato.
3. Add:
  - 2 tablespoons brown sugar
  - 1 tablespoon of butter
  - Dash of salt
  - Spices, such as pepper, to taste
4. Cover and place pan in oven.

**Cook Temperature:** 350 degrees**Cook Time:** Varies based on size of potato. Fist sized potato about 1 hour.**Servings:** 1 to 2**Storage Solutions:** Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months \* Per FDA Storage Chart link in Resources

**Reheat Instructions:****Microwave: Time and temp may vary.**

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: \_\_\_\_\_.

**Stove Top: Time and Temp may vary.**

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: \_\_\_\_\_.

**Oven Directions: Time and Temp may vary.**

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: \_\_\_\_\_.